

Senior Resource Fair, April 25, see Page 3,4



spring knolls news



Murrieta, CA

April 2026

April brings out our Senior Fair, and ...rattlesnakes?

Sometimes looking back at the previous year's article triggers me to consider what's important to share with you at this time. Catching up worked last April and I think it's right-on for this April, as well.



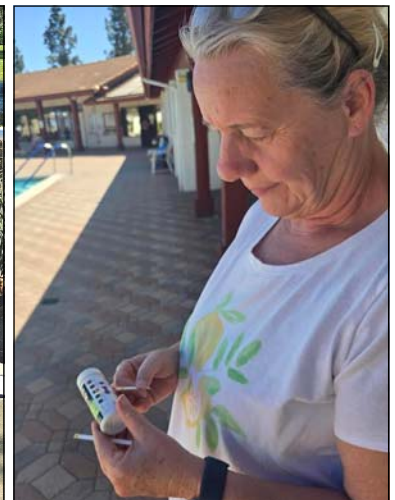
Sandy Vollmer

Here goes: Senior Resource Fair. This upcoming event on April 25 is always a great success because there's so much free information focused on senior interests and needs. Thanks to Holli Hanson, Lori Miller and all their helpers for organizing this third fair for all Knolls residents. And, there's free lunch! See pages 3 & 4 details.

Tri-Unit Meeting Summary. On March 13, there was a Tri-Unit (Spring Knolls, Warm Spring Knolls and Golf Knolls) meeting, which are quarterly gatherings for

See SK president, page 2

SK POOLS EMPTIED OF HIGH TDS WATER



Photos by Ted Vollmer
TDS's 'M-T-D': Caretaker Lisa McKinley checks Total Dissolved Solids in the Spring Knolls pools. High TDS levels led to the emptying of both pools, with some water diverted (circle, left) to irrigate the grassy area near the clubhouse. Story on Page 7.

What's Inside?

- Getting ready for Taco Dinner / 5-6
- Resource Fair just weeks away / 3-4
- Rattlesnake Season, Beware! / 3
- Pools get fresh fills / 7
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2025 directors



• *President.*
Sandy Vollmer
951 319-6749



• *Vice President / Architectural*
Jan Towers
951 616-4443



• *Secretary / Senior Advocate / Program administrator*
Holli Hanson
661 972-0799



• *Treasurer*
Sharon Kilpatrick
951 285-7800



• *Director, Rules, Regs, Policies and Procedures.*
Shawnee Miller
951 677-6862



• *Director, Residency Data & FOBs:*
Candy Lee
951 239-0669



• *Director: Facilities, Streets*
Debby Adelhelm
760 717-9876



• *Director: Common Grounds:*
Charlene Kirkwood
951 348-0042



• *Director: Compliance*
Vicki Duffy
951 901-9412

support Leaders

• *Support Leaders to the board:* **Roberta Jiron, 951 834-2076** (parking permits, estate sales); **Lynda Miller, 951 454-9910** (monitor vacant, for sale, rental properties).

• *Spring Knolls Emergency Response Team:* (SKERT) **Alan Hanson 714 493-1709**

• *Caretaker:* **Lisa McKinney 951 212-8781**; Caretaker assistant: **Suzie Cortina**

• *SK common grounds:* **Miguel Enriquez**

• *Library Coordinator:* **Karen Jacobs 951 265-6292**

• *Spring Knolls News:* **Ted Vollmer**

Spring Knolls Boosters club president:
Debby Adelhelm, 760 717-9876

SKA president

From page 1

the three Boards, support leaders, Boosters Club/Community Club/Event Club and other specialty volunteers to talk among themselves about their respective areas of responsibility. Later, as a group we come together and discuss broader ideas and issues.

Spring Knolls is always the first host to kick off the new year.

At this meeting Warm Springs had many items to bring up. Some you should all be aware of include:

1. **Rattlesnakes** are out and about! The early extended heat wave has brought the snakes out of hibernation, and while they mind their own business, they can be scary.

We should all thank **Glenn Ingraham** and **Henry Kantowitz** from Warm Springs who for years have offered their help to remove snakes from Knolls properties. See more information on page 3.

2. **Speed bumps.** While designed to slow things down, speed bumps also hinder emergency vehicles (fire engines, ambulances and police) from arriving as quickly as possible.

At our meeting, we noted the emergency vehicle pitfalls but also discussed that if speed bumps are removed, speeders will not be discouraged from exceeding the Knolls' 20 mph speed limits.

Different ways to discourage speeding were discussed, including warning signs, stop sign lights and cross walks. Solutions to the speeding issues are discussed every year.

3. **Street repairs.** The three Knolls units have signed a massive street contract that includes 3-unit repairs and their costs, as well as unit-only projects. Combining our efforts into one contract has saved all units money, especially when residents share key streets such as Via Princesa. Thanks to Unit 2's **Jim Francis** and the committee working with him for bringing this plan together.

Swimming pools. We've drained both pools and both will be in full use in late May. For now the small/family pool is available. See Page 8 for the full story.

Hot weather. With the unusual exceptionally hot weather, please remember you're always welcome to come to the clubhouse during the open hours (9 a.m. to 5 p.m.) to cool off in the library/card room. And remember: Always stay hydrated!!!

Well, I think I've caught you up a bit. I hope you're doing well! Please take care! Questions, call a Board director. Our phone numbers are listed on left side of this page.

If you get voicemail leave a message; we all respond as soon as we can. You can also leave a message on the office phone, 951 677-6862.

Spring Knolls Board report for March 18, 2026

Approved: Boosters events (Taco Dinner, May 2; Friday BBQs beginning May 29; Halloween Party, Oct. 24; Veterans Luncheon, Nov. 10).

Treasurer's Balance Summary: As of Feb. 28, 2026, Total bank balance, \$249,976.20; Total Reserve Funds, \$510,206.68; Operating Expenses to date, \$56,328.84; Year-to-date Reserve Expenses, \$74,227.31.

The next board meeting will be at 9:30 a.m. April 15, 2026, in the Library. An agenda will be posted several days before the meeting, and emailed to members via intheknowinspringknolls.com

Spring Knolls: (A 55+ age-restricted community)
38441 Via La Paloma, Murrieta, CA, 92563
951 677-6862 springknolls1@verizon.net

Resource Fair, at a glance ...

What: Spring Knolls Senior Resource Fair

Who: 18 presenters from across the county on services for senior citizens.

When: 10 a.m. to noon, April 25.

Where: Eaker Hall, Library, Spring Knolls Clubhouse.

Admission: Free to residents of all Knolls units.



It's rattler season. How to stay safe

Rattlesnakes are California's only venomous snakes, and warm weather brings them out of hibernation. They're only dangerous if you stumble upon them.

The California Department of Fish and Wildlife advises you to watch for snakes when visiting

Who to call:

If you discover a rattlesnake at your property, two Warm Spring Knolls residents will remove them for you. They ask that you keep an eye on the snake's location until they arrive.

- Glenn Ingraham, 951 642-2897
- Henry Kantrowitz, 951 202-1130

local parks and hiking trails from now until late fall.

Ways to reduce your snake bite risk:

- If you see a snake, stop and keep a safe distance to give the snake room to move away.
- Do not try to handle a snake, which will bite if provoked.
- When walking or hiking, stay on trails, sidewalks and cleared pathways.
- Wear boots or closed shoes and long pants when working outdoors or walking in wooded areas.
- Wear leather gloves when handling brush and debris.
- Use a flashlight if walking at night in areas where snakes might be present.
- Keep dogs on leashes and pet cats indoors to reduce their chances of encountering a snake.

If you're bitten by a snake you feel could be venomous, seek immediate medical attention.

SK Senior Fair 3 awaits your visit

By Holli Hanson

The Spring Knolls Senior Resource Fair promises to be the best one so far with 18 booths for Knolls residents to visit.

This third annual event, on Saturday April 25, will feature five first-time exhibitors that will offer information and advice on everything from legal help to hearing loss.

Alphabetically, new this year will be Caption Call, Inland Counties Legal Services, Johnson & Johnson Hearing Aid Centers, Neighborhood Health Centers (PACE), and Walk to End Alzheimer's.

In addition to the new participants, the Fair will feature more than a dozen returnees that will

cover services ranging from transportation and health care, to home improvements and safety. *A complete list and description of the 18 exhibitors is on the next page.*

The Spring Knolls Resource Fair debuted on April 6, 2024, with 16 presenters. Last year there were 17.

Helping the organizing team of **Holli Hanson, Lori Miller and Alan Hanson** will be members of the Spring Knolls Emergency Response Team (SKERT).

The 10 a.m. to noon event is free to all Knolls units and will feature a free lunch at noon.

—**Holli Hanson** is the Spring Knolls Association secretary and senior advocate.

Fire & Rescue gears up for April 18 BBQ

Murrieta Fire & Rescue (MFR) is hosting its annual Firefighters' Barbeque on April 18, at Murrieta's Town Square Park.

This year's free event, from noon to 6 p.m., will feature live and DJ music and other activities at Murrieta's Town Square

Park Amphitheatre. Barbecue guests (for a nominal fee) will receive a tri-tip lunch.

A vendor's market, beer and wine garden and a bag-toss tournament also will be featured. Lunch is served from 11 a.m. to 3 p.m. (or until we sell out!).

2026 Spring Knolls Senior Resource Fair lineup

April 25 annual event features health, home, transit, legal, exhibitors

Below are the 18 exhibitors who will be featured at the 10 a.m. to noon, free event in Spring Knolls' Eaker Hall:

Caption Call: See onscreen captions of what your caller is saying in near real time. Federally funded, the service is provided at no cost to users with hearing loss.



Favors for Neighbors: "No Call Too Small"! Providing senior citizen assistance services to area residents. A certified non-profit, you can get more information at www.favorsforneighbors.org.



Habitat for Humanity: Provides help with yard clean-up, painting and repairs to your home through its A Brush with Kindness program.



Hospice of the Valleys: compassionate hospice & palliative care provided at residence, board and care, long term facilities. Teams focus on caring, not curing, with interdisciplinary teams of healthcare professionals.



Inland Counties Legal Services: Income-based will & trust advisors for people with limited incomes, disabilities or are 60-plus. Service areas: Riverside, San Bernardino counties.



Johnson & Johnson Hearing Aid Centers: Free hearing tests and hearing device information.



LifeWave: Boost your body's innate powers & live better. Uses drug-free patches for healing therapy.



Michelle's Place: Temecula-based Cancer Resource Center serves those with cancer in San Bernardino, Riverside & San Diego counties.



Mint Health Insurance Co.: Medicare provider helps seniors make sense of Medicare.



Murrieta Senior Center support. A hub for residents 50 & over with a variety of activities, classes & services (games, exercise classes, lunches, cooling center, gym.)



Murrieta Fire Dept.: Provides information on the city's efforts to reduce fires and Fire Risk Designation. Also has trained staff of paramedics that respond medical emergencies.



Neighborhood PACE Healthcare: All-inclusive care (Primary, Women's Health, Pre-natal)



Right at Home: Provides In-Home personal, companion care, transportation services, for seniors & adults with disabilities.



Riverside University Health System: Consists of teaching hospital, 14 community health centers to provide comprehensive & personalized care.



Riverside Transit Agency: Provides Dial-A-Ride origin to destination transportation.



Smart Cremation: Assists with end of life arrangements using affordable options in several states, including California.



Synergy Companies: Help with energy needs around the house such as thermostats, weather stripping, etc .



Walk to End Alzheimer's: The association raises funds to end Alzheimer's through more than 600 community walks every year.



Booster bits

Early Cinco de Mayo dinner May 2

We just had our annual Spaghetti Dinner and from all the feedback it was very well received.



Dorothy Vaughn
Boosters VP

Next comes the May 2 Taco dinner, three days before Cinco de Mayo.

We had a packed house for the spaghetti dinner with lots of smiley faces.

Once again our staff was at its excellent best.

Little side note. Our caretaker,

Lisa McKinney's sister came to town for a visit and Lisa invited her to dinner. Little did her sister know what that would entail. She was a big reason for the dinner's success! Thank you Retha Weed for all your help.

Nothing for April, but on May 2, our Taco Dinner will feature three kinds of tacos (shredded beef, chicken and carne asada) beans, rice and dessert. Call me at 951 696-0871 or Debbie at 760 717-9876 for advance \$10 tickets. Details next page.

Spring Knolls Boosters board

- Debbie Adelhelm, president,**
760 717-9876
- Dorothy Vaughn, v-president,**
951 696-0871
- Diane Velasquez, treasurer,**
951 850-8107
- Charlene Kirkwood, secretary**
951 348-0042

The Spring Knolls Boosters meet at 10 a.m. on the 2nd Wednesday of each month in the Library/Card room. All residents are welcome to participate and suggest ideas for new or upcoming events.

HAPPY BIRTHDAY!

- Berny Anshen
- Rosaura Arellano
- Josephine Beasley
- Bea Call
- Bob Collins
- Ana Cosio
- Brenda DeShane
- Virginia Dillon
- Barry Dickson
- Mary Dohan
- Antoun Fayad
- Gary Fox
- Graciela Gallegos
- James Garibay
- Nancy Hindle-Garibay
- Brenda Garrison
- Phyllis Goldstein
- Diane Goley

- Frank Goley
- Ever Hernandez
- Sarah Human
- Eleanor Jobin
- Laurie Kirk
- Darlene Lovell
- Victor Marshall
- Susan Miller
- Millie Moore
- Ramona Morey
- MaryAnn Negrete
- Kenneth Nelson
- James Oldham
- Maria Ortiz
- Margaret Parsons
- Kathy Puplava
- Graciela Rocha
- Norma Rowland

- Albert Sanchez
- Richard Shumway
- Deborah Simon
- Donna Skinner
- Lawrence Slaughter
- Brian Smith
- Sylvia Smith
- Patricia Tamaryn
- William Thomas
- Rick Thomason
- Jan Towers
- Elizabeth Troxler
- Christopher Tucker
- Kathleen Turner
- Mickey Victor
- Adeline Williams
- Thomas Williams



- Bob & Pat Collins
- Jose & Myrtha DeLeon
- Mike & Brenda DeShane
- Mark & Kimberly Kennard
- Keith & Myra Richards
- Kenneth & Carol Rishe
- Nathaniel & Pam Spence
- Chuck & Karen Steinert

Let's get everyone in 2026

We try every month to honor our residents celebrating a birthday and/or anniversary. With many homes changing residents we miss some. Please let us know if we've missed you. Text the editor at 951 502-5602 or email the editor at tscjnews@gmail.com

John Gordon Barrington
(Nov. 1923 - April 2011)
Via La Espalda

Samuel Ford Bellah
(Jan. 1924 - April 2018)
Via La Espalda

Vonna Brooks
(Jan. 1930 - April 2016)
Via Amarilla

Oliver Cromwell Butler
(Jan. 1924 - April 2015)
Via Princesa



Darrell Dee Clarkson
(Feb. 1929 - April 2018)
Via Princesa

Richard Wallace Elam
(Nov. 1933 - April 2016)
Calle de la Siesta

George Edward Lallou
(March 1924 - April 1992)
Via Norte Vista

Paul Nunzio Lamalfa
(April 1951 - April 2011)
Via Escarlata

Bonnie Jean Lochridge
(May 1935 - April 2011)
Calle de la Paz

Louis A. Pacilio
(Sept. 1931 - April 2010)
Via del Sur

Theresa J. Pacilio
(Nov. 1932 - April 2012)
Via del Sur



2026 Spring Knolls Boosters Taco Dinner

- What: Annual Taco Dinner. Serving three different tacos: Carne Asada, chicken, shredded beef; rice, beans and dessert.
- When: May 2, 2026, 5-7 p.m.
- Where: Eaker Hall, Spring Knolls Clubhouse
- Tickets: \$10 in advance. No tickets sold at the door.
- Ticket sales: Contact Debbie at 760 717-9876 or Dorothy at 951 212-8781

Spaghetti dinner: 'Pasta-tiveley un-fork-gettable'

With the 71-year-old classic "Lady and the Tramp" playing behind them, Boosters volunteers served up a spaghetti dinner that included salad, garlic bread and dessert to nearly 100 guests on March 21.

Dining at red-checked tables, the annual event didn't disappoint as the only Boosters event in March.

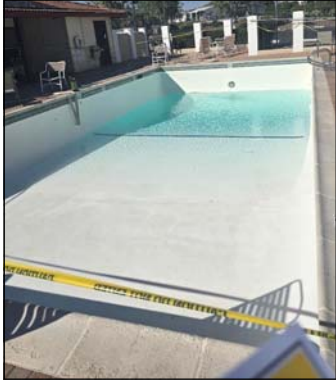
Next up, the May 2 Taco Dinner (see above for details) and the Friday night BBQs, starting May 29.

Photos by Ted Vollmer



SK CLUBHOUSE

Swimming pool water seemed OK; TDS tests showed otherwise, so pools drained, refilled



By the numbers ...

- 60,000. The total number of gallons of water emptied and later used to refill the Spring Knolls small pool.
- 158,000. Total number of gallons of water emptied and later used to refill the large Spring Knolls pool.
- 9.5. Number of hours to empty the small pool.
- 35. Number of hours to empty the large pool.
- 1,500 to 2,000. The normal parts per million levels of Total Dissolved Solids (TDS) recommended in swimming pools. (The maximum allowable level in drinking water is 500 ppm).
- 3,000. Maximum ppm TDS levels in the pools before water should be totally or partially replaced to reduce them.
- 3-5 years. The usual length of time for TDS levels to rise before full pool drainage and refill is required.

Both Spring Knolls swimming pools were recently drained and refilled, nearly a quarter-million gallons of water in all.

Why? Because levels of so-called TDS, or Total Dissolved Solids, had exceeded acceptable limits of 3,000 parts per million.

TDS can include magnesium, potassium, sulfates, minerals and carbonates. They also exist in chemicals added to pool water such as algicide and chlorine. And TDS also come from storms or wind-blown leaves.

Swimmers also add to TDS levels when perspiration, hairspray, deodorant and sunscreen rinse off as they move through the water.

TDS levels under 3,000 ppm are generally safe. But when they reach higher levels, they can corrode or harm expensive pool equipment.

TDS levels generally don't pose any danger to people. The most that can happen is that water with high levels can develop a salty taste.

Unfortunately, there's virtually no way to lower TDS levels without eventually

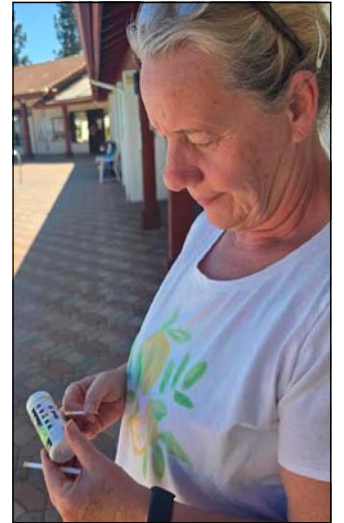
draining the pools and starting over. A chemical to reduce levels does not exist.

Spring Knolls caretaker Lisa McKinney, who has maintained Spring Knolls' and other area swimming pools for years, said TDS levels are regularly checked with testing strips. If numbers are rising there's nothing that can be added to lower them except fresh water, but even that step is merely a short fix until full drainage is required.

Recently, the small pool was the first to be emptied and refilled. It reopened on March 26.

The same day the large pool's drainage began with much of its 79,000 gallons pumped through a hose down the concrete walkway leading to the grassy area normally used for dog walkers. Lisa, a dog owner, said nothing in the water poses any danger to pets and that the area has been reopened.

The large pool was totally drained on Sunday, March 29 and was refilled by March 31.



POOL PROJECT: (*Top left*) The 30,000-gallon small pool drains on March 26 in first step to remove high TDS levels. Nine-and-a half hours later, the emptied pool was cleaned, refilled and reopened. (*Top right and middle*) Caretaker Lisa McKinney dips a TDS testing strip into the refilled small pool and then checks the new TDS level. (*below*) The 79,000 gallon large pool drains, before a refill began March 29.



Health Matters

Dementia: It's not inevitable, but signs may already be there

By Rachel Nania

You're running late because you can't find your keys. *Of course, they're buried in your bag.*

An acquaintance greets you in the grocery store. *Her name escapes you.*

Moments of forgetfulness can happen at any age, and according to the National Institute on Aging (NIA), may happen even more as you age. Still, memory lapses can provoke anxiety for older adults who often wonder whether it's all normal or a sign of something more serious.

In two recent polls, nearly half of the respondents ages 50 to 64 expressed worry they will develop dementia or believe it's likely they'll get it.

In reality, about 1 in 9 Americans 65 and older has dementia, according to the Centers for Disease Control and Prevention.

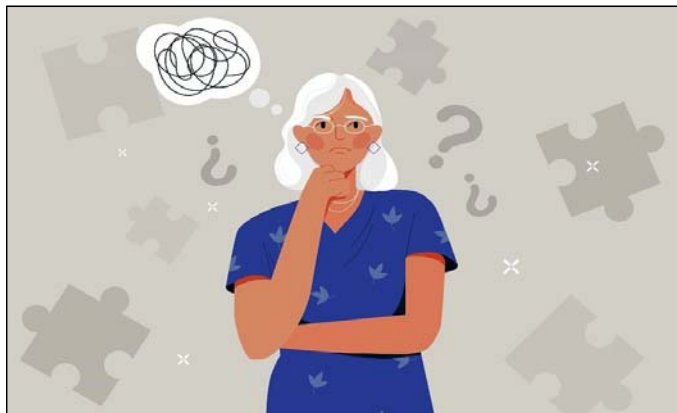
While those odds show dementia is not inevitable, it's important to recognize the warning signs so you or a loved one can get evaluated if there are concerns.

What is dementia?

Dementia is a general term for a decline in mental ability that can diminish focus, attention, language skills, problem solving and visual perception. It also can make it hard for a person to control emotions and can lead to personality changes.

Some dementia warning signs:

- Short-term memory loss.
- Word loss, when a person is substituting in words that don't fit the conversation.
- Difficulty multitasking.
- Repetition. A dementia red flag is



when a person either just asked the same question that was answered or offers the same information moments after stating it.

- **Personality changes, depression.** A sudden and routine loss of interest in family, friends, work and social events. Also acting increasingly anxious, confused, fearful or suspicious.
- **New sleep behaviors.** Acting out dreams or talking in your sleep, when you didn't used to do either.
- **Confusion about time and place.**
- **Difficulty with visual or perceptual tasks.** Tripping over something because you don't recognize it's in the way, or being unable to make sense of the time on a clock.
- **Financial missteps** such as trouble counting change, paying for a purchase or calculating a tip.
- **Misplacing things** by putting them in unusual places, or not being able to retrace your steps to find them.

Most common types of dementia

- **Alzheimer's disease**, which is characterized by amyloid plaques and tangled fibers in the brain and a loss of connections between nerve cells.
- **Lewy body dementia**, which results from abnormal protein deposits in the brain.

What should I do?

If you've noticed changes or have any concerns related to your thinking and memory, or that of a loved one, it's important to call a doctor sooner than later, health experts say.

If the changes are due to dementia, an early diagnosis has benefits. For

example, there are newly approved medications that may slow the progression of Alzheimer's disease. Research suggests the drugs work better in the beginning stages of the disease. Plus, an early diagnosis makes individuals eligible for a wider variety of clinical trials.

You can start with your primary care provider, who may refer you to a specialist, like a neurologist or geriatric psychiatrist, for a more thorough evaluation and diagnosis.

How is dementia diagnosed?

- **Cognitive and neurological tests** assess language, math, memory, problem-solving and other types of mental functions.
 - **Blood tests**, though not yet widely available, can measure levels of beta-amyloid and p-tau217, hallmarks of Alzheimer's disease.
 - **Brain scans** such as MRI or PET imaging can spot changes in brain structure and function. These also can identify strokes, tumors and other dementia-causing problems.
- **Mental health evaluations** can determine whether a mental health condition is causing or affecting the symptoms.

Rachel Nania is an award-winning health editor and writer at AARP.org. This is an edited version of her report on dementia.

HogePodge

GAS INSPECTIONS: Southern California Gas technicians have notified Spring Knolls residents that in the coming weeks routine natural gas inspections will be conducted. SoCalGas says the technicians will need safe access to your meters. They ask that the area around your gas meter be cleared of any obstacles and be accessible. If problems are detected the technician will notify homeowners before any work is performed. All SoCalGas technicians wear company uniforms and carry photo ID badges. For further information, visit social-gas.com/SafeAccess.

YOU WANT COPIES? To avoid some printing costs, copies of the Spring Knolls' Rules & Guidelines, By-Laws and CC&Rs (Covenants, Conditions & Restrictions) are available through e-mail requests. Ask for a copy at springknolls1@verizon.net. Or, printed copies are available upon request at the Spring Knolls office between 9:30 a.m. and noon, Fridays.

STAY HYDRATED: While that's important every day, proper hydration is especially vital during hot weather. Health professionals recommend that you drink at least 20 cups of water (two cups an hour) every day.



SHARING SHELF: Due to high temps, the Sharing Shelf has been moved from outside Eaker Hall to the clubhouse Library room to avoid spoilages.

Spring Knolls *Free* Classifieds

To place a free classified ad, email your ad with a photo (optional) to tscjnews@gmail.com Questions? Call 951 319-6749



WALKER: Walker for a large person. \$10, Call 951 445-9379.



ADULT BRIEFS: 9 packages, 18 count \$30. Call 951 445-9379

ROOM FOR RENT: Spring Knolls resident seeking renter for room. **Contact Cheri for details: 817 676-5344.**

LIFT OR RAMP WANTED: I live in Spring Knolls, am house-bound due to constant oxygen and seeking a lift or a ramp that anyone might be selling. Call Susan at 909 732-9033. Any help would be appreciated.

RIDES / LIGHT HOUSEKEEPING: Will provide rides to people needing to go to doctors, grocery shopping. No deep cleaning. Call Sindy @ 562 879-6988

HANDYMAN SERVICES: Handyman services, gardening, window cleaning, power washing, driver to local areas, etc. Steve Lopez, 626 622-4552.

REALTOR: Paula Rodig, a Knolls resident Realtor. Call or text 949 324-5141. Stanfle Realty, DRE# 01731868.

Medicare Recipients:

Let's find the plan that fits your need!

- Turning 65?
- Have Medicare and Medicaid?
- Have a chronic illness?

Set up your no-cost plan review. Call to speak with a licensed insurance agent! Sarah Human MHA 310-980-9509, (TTY 711) (M-F 9a-3p) License #0K16275



Helping Seniors Live independently. My services provide a support system to maintain well being and dignity in the comfort of their own home, cooking and meal prep; housekeeping, transportation, companionship, medication management, light exercising, medical appointments. Call Spring Knolls resident Alyson Gutierrez, 951 477-7135 or email alysongutierrez713@gmail.com

FLOORING: Hyman Elite Flooring. Vinyl plank, hardwood and carpet flooring. We're offering \$250 off any project over \$3,000. Call resident Tom Reardon @ 910 644-0434 for a free quote.

NOTARY PUBLIC (Spring Knolls resident Mary Ann Frieli): I come to you. Are you in need of a reliable notary service? Have a tight schedule? I am an experienced and professional mobile notary. Easily schedule by phone: 951 401-8649, or email maryannfrieli@icloud.com

HAIRCUTS / BEAUTY SERVICES: Hair cut and other beauty services in your home for your convenience (female & male). I'm a licensed cosmetologist with more than 18 years' experience. Call Nancy @ 951 414-9554 .

April 2026: What's up in Spring Knolls & Beyond?

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 St. Stupid, Reading is Fun, Loyal Day	2 Holy Thursday Chair exercises, 10:30 - 11:30 a.m.; Bingo, 1-4p.m. Eaker Hall	3 Good Friday Chair exercises, 10:30 - 11:30 a.m.; Office 9:30 -noon	4 Handmade, Love our children, Carrot, Hug a Newsmen day
5 Easter; Pass-over begins (ends April 12)	6 Chair exercises, 10:30 - 11:30 a.m.	7 Bible study, 10 a.m.-noon	8 Boosters meet, 10 a.m.	9 Chair exercises, 10:30 - 11:30 a.m.;	10 Chair exercises, 10:30 - 11:30 a.m.; Office 9:30 -noon	11 Pet, Submarine, Barbershop Quartet Day
12 Bible study, 10-11 a.m., Golf Knolls clubhouse	13 Chair exercises, 10:30 - 11:30 a.m.	14 Bible study, 10 a.m.-noon	15 Tax Day HOA Board meeting, 9:30 a.m. Library; SKERT meets, 5 p.m.	16 Chair exercises, 10:30 - 11:30 a.m.	17 Chair exercises, 10:30 - 11:30 a.m.; Office 9:30 -noon	18 Husband Appreciation, Exercise, Haiku Poetry Day
19 Bible study, 10-11 a.m., Golf Knolls clubhouse	20 Chair exercises, 10:30 - 11:30 a.m.	21 Bible study, 10 a.m.-noon	22 Earth; Jelly Bean, Global Selfie, April Showers, Pinup Day	23 Chair exercises, 10:30 - 11:30 a.m.	24 Arbor Day ; Chair exercises, 10:30 - 11:30 a.m.; Office 9:30 -noon;	25 Senior Resource Fair 10 a.m.-noon
26 Bible study, 10-11 a.m., Golf Knolls clubhouse	27 Chair exercises, 10:30 - 11:30 a.m.	28 Bible study, 10 a.m.-noon	29 Dance, Trees, Zipper, World Wish Day	30 Chair exercises, 10:30 - 11:30 a.m.	April is National Humor, Stress Awareness, Sexual Assault Awareness Month.	

Open'nClosed open:

Board office hours: Fridays - April 3, 10, 17, 24. 9:30 a.m.- noon

- Clubhouse Winter hours: 9 a.m. - 5 p.m. (January) Library, small pool open.
- Small pool open to all. Jacuzzi or billiards room open to adults only. Call 951 677-6862 for info.
- Eaker Hall: Clubhouse ground events need advance Board of Directors approval. Call Debby Adelhelm @ 760 717-9876 at least 2 weeks in advance.
- Dog Park, Clubhouse grassy areas: Owners must keep dogs under control, on leash and poop picked up in all areas. (Please do NOT walk on the hill to the grassy area because it breaks drip lines which if broken require high repair costs.)



Here: (Spring Knolls)

- April 2: BINGO: 1-4 p,m, Eaker Hall.
- April 25: SENIOR RESOURCE FAIR: Local agencies, providers in Eaker Hall to discuss services. Open to all Knolls units. 10 a.m. to noon. Exhibitor list appears on Page 4.
- May 2: BOOSTERS TACO DINNER. \$10, includes shredded beef, chicken, carne asada tacos, beans, rice, dessert. Pre-sold tickets only. Contact Dorothy at 951 696-0871 or Debby at 760 717-9876.

There: (Units 2 & 3)

- April 18: BREAKFAST. (Unit 2) Pre-paid tickets only. 9-10:30 a.m.. Contact Jerry, 951 348-5268.

- April 23 GAME NIGHT: (Unit 2) 5 p.m. Open to all Knolls units. Bring snack. Various games available. (Game night will be fourth Thursday of the month.)
Contact: Sherry Tater, 951 536-4604.

Elsewhere . . .

- April 2, 16: MURRIETA MARKET NIGHTS. Downtown Murrieta on first and third Thursday of month, from 5-9 p.m. Vendors, food trucks, artisans, music.
- April 4: SPRING EGGSTRAVAGANZA: 9:30 a.m.—11 a.m. Free family friendly event with egg hunts, games, vendor booths. Town Square Park, Murrieta
- Daily: MURRIETA SENIOR CENTER. Game Days: Monday through Friday on a first come, first serve basis. Games include Farkle, Hand & Foot, Mexican Train, Rummy Tiles, and Screwy Louie.
- April 22: EARTH DAY CELEBRATION & PLANT TRADE. 9 a.m.-1 p.m., Murrieta Public Library. FREE. 8 Town Square.